

Amendments to the Claims:

The listing of claims will replace all prior versions, and listings of claims in the application:

Listing of Claims:

Claim 1 – 9 (cancelled) ✓

Claim 10 (original): Nutritional and pharmaceutical formulations comprising in combination a source of vitamin K and a source of at least one essential fatty acid (EFA), in which proteins and amino acids are absent from the active ingredients of the formulation.

I suggest for proviso ??

Claim 11 (original): Nutritional and pharmaceutical formulations according to claim 10 which provide a daily dose between 50 ug and 100 mg vitamin K and between 50 mg and 100 g of the EFA.

Claim 12 (original): Nutritional and pharmaceutical formulations according to claim 10 in which the form of vitamin K used is phylloquinone (vitamin K1).

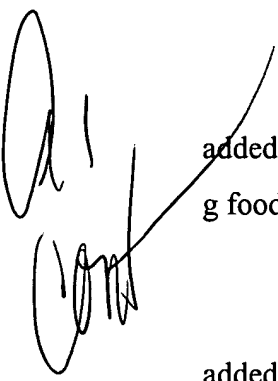
Claim 13 (original): Nutritional and pharmaceutical formulations according to claim 10 in which the EFA is selected from gamma-linolenic acid, dihomo-gammalinolenic acid, arachidonic acid and adrenic acid, and combinations of these EFAs.

Claim 14 (original): Nutritional and pharmaceutical formulations according to claim 10 in which the EFA is selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and docosahexenoic acid, and combinations of these EFAs.

Claim 15 (original): Nutritional and pharmaceutical formulations according to claim 10 in which there is at least one n - 6 EFA and at least one n - 3 EFA present, the n - 6 EFA(s) selected from gamma-linolenic acid, dihomogammalinolenic acid, arachidonic acid and adrenic acid, and combinations of these acids, and the n - 3 EFA(s) selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and docosahexaenoic acid, and combinations of these acids.

Claim 16 (original): Nutritional and pharmaceutical formulations according to claim 10 in which the active ingredient consists essentially wholly of EFA and vitamin K.

Claim 17 (original): Nutritional and pharmaceutical formulations according to claim 10 further comprising one or more essential vitamins and/or minerals or one or more pharmaceutical drugs.



Claim 18 (original): Foodstuff which already contain EFAs to which have been added vitamin K in an amount to raise the vitamin K content of the food to 1000 ug / 100 g food, or more.

Claim 19 (original): Foodstuff which already contain EFAs to which have been added vitamin K in an amount to raise the vitamin K content of the food to 1000 ug / 10 g food, or more.

Claim 20 (original): Foodstuff according to claim 18 in which the specific EFA(s) content has been raised by the addition of one of more EFAs.

Claim 21 (original): Foodstuff which naturally contains clinically or nutritionally small amounts of vitamin K and/or EFA(s) to which has been added vitamin K and EFAs.

Claim 22 (currently amended): A method of treating or preventing a variety of diseases or conditions including:

~~premenstrual or menstrual disorders of any kind;~~
skin disorders; and
~~bone or calcium disorders of any kind, including osteoporosis;~~
~~metabolic or cardiovascular disorders including diabetes, obesity, elevated blood~~
~~cholesterol or triglyceride levels or cardiovascular disorders;~~
~~stress, mental, psychological, psychiatric or neurological disorders;~~
~~skin disorders;~~
~~asthma or other respiratory disorder;~~
~~arthritis or any form of inflammatory, gastrointestinal, kidney or reproductive~~
~~system disorder;~~
said method comprising administration of a using nutritional and or
pharmaceutical formulations comprising in combination a source of vitamin K and a
source of at least one essential fatty acid (EFA), in which the concentration of vitamin K
is not less than 1000 ug/100g.

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Claim 23 (original): The method according to claim 22 in which the concentration
of vitamin K is not less than 1000 ug/10g.

Claim 24 (original): The method according to claim 22 which provides a daily
dose between 50 ug and 100 mg vitamin K and between 50 mg and 100 g of the EFA.

Claim 25 (original): The method according to claim 22 in which the form of
vitamin K used is phylloquinone (vitamin K1).

Claim 26 (original): The method according to claim 22 in which the EFA is
selected from gamma-linolenic acid, dihomogammalinolenic acid, arachidonic acid and
adrenic acid, and combinations of these EFAs.


Claim 27 (original): The method according to claim 22 in which the EFA is
selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and
docosahexenoic acid, and combinations of these EFAs.

Claim 28 (original): The method according to claim 22 in which there is at least one n - 6 EFA and at least one n - 3 EFA present, the n - 6 EFA(s) selected from gamma-linolenic acid, dihomogammalinolenic acid, arachidonic acid and adrenic acid, and combinations of these acids, and the n - 3 EFA(s) selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and docosahexaenoic acid, and combinations of these acids.

Claim 29 (currently amended): The method according to claim 22 in which the active ingredient consists essentially ~~wholly~~ of EFA and vitamin K.

Claim 30 (original): The method according to claim 22 further comprising one or more essential vitamins and/or minerals or one or more pharmaceutical drugs.

Claim 31 (original): A method of treating or preventing a variety of diseases or conditions including:



- premenstrual or menstrual disorders of any kind;
- bone or calcium disorders of any kind, including osteoporosis;
- metabolic or cardiovascular disorders including diabetes, obesity, elevated blood cholesterol or triglyceride levels or cardiovascular disorders; stress, mental, psychological, psychiatric or neurological disorders; skin disorders;
- asthma or other respiratory disorder;
- arthritis or any form of inflammatory, gastrointestinal, kidney or reproductive system disorder;

using nutritional and pharmaceutical formulations comprising in combination a source of vitamin K and a source of at least one essential fatty acid (EFA), in which proteins and amino acids are absent from the active ingredients of the formulation.

Claim 32 (original): The method according to claim 31 which provides a daily dose between 50 ug and 100 mg vitamin K and between 50 mg and 100 g of the EFA.

Claim 33 (original): The method according to claim 31 in which the form of vitamin K used is phyloquinone (vitamin K1).

Claim 34 (original): The method according to claim 31 in which the EFA is selected from gamma-linolenic acid, dihomogammalinolenic acid, arachidonic acid and adrenic acid, and combinations of these EFAs.

Claim 35 (original): The method according to claim 31 in which the EFA is selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and docosahexenoic acid, and combinations of these EFAs.

Claim 36 (original): The method according to claim 31 in which there is at least one n - 6 EFA and at least one n - 3 EFA present, the n - 6 EFA(s) selected from gamma-linolenic acid, dihomogammalinolenic acid, arachidonic acid and adrenic acid, and combinations of these acids, and the n - 3 EFA(s) selected from stearidonic acid, eicosapentaenoic acid, docosapentaenoic acid and docosahexenoic acid, and combinations of these acids.

Claim 37 (currently amended): The method according to claim 31 in which the active ingredient consists essentially ~~wholly~~ of EFA and vitamin K.

Claim 38 (original): The method according to claim 31 further comprising one or more essential vitamins and/or minerals or one or more pharmaceutical drugs.

Claim 39 (original): A method of treating or preventing a variety of diseases or conditions including:

- premenstrual or menstrual disorders of any kind;
- bone or calcium disorders of any kind, including osteoporosis;
- metabolic or cardiovascular disorders including diabetes, obesity, elevated blood cholesterol or triglyceride levels or cardiovascular disorders;

stress, mental, psychological, psychiatric or neurological disorders;
skin disorders;
asthma or other respiratory disorder;
arthritis or any form of inflammatory, gastrointestinal, kidney or reproductive system disorder;
using foodstuff which already contain EFAs to which have been added vitamin K in an amount to raise the vitamin K content of the food to 1000 ug / 100 g of food, or more.

Claim 40 (original): The method according to claim 39 using foodstuff which already contain EFAs to which have been added vitamin K in an amount to raise the vitamin K content of the food to 1000 ug / 10 g food, or more.

Claim 41 (original): The method according to claim 39 in which the specific EFA(s) content has been raised by the addition of one of more EFAs.

Claim 42 (original): The method according to claim 39 using foodstuff which naturally contains clinically or nutritionally small amounts of vitamin K and/or EFA(s) to which has been added vitamin K and EFAs.

Claim 43 (new): The method according to claim 22 in which the formulation administered is a nutritional formulation.

Claim 44 (new): The method according to claim 43 in which the nutritional formulation is a foodstuff.

Claim 45 (new): The method according to claim 44 in which the foodstuff is based on milk from animal or vegetable source, or a dairy product.

Claim 46 (new): The method according to claim 22 for the treatment or prevention of premenstrual syndrome.

Claim 47 (new): The method according to claim 22 for the treatment of menstrual cramps.

Claim 48 (new): The method according to claim 22 for the treatment of dermatitis.

Claim 49 (new): The method according to claim 22 for the treatment of osteoporosis.